

1. A load bearing apparatus for facilitating manual transport of a load, said apparatus comprising:

a central rib to distribute a weight corresponding to said load over a user;

and

5 a stabilizing arm coupled to said central rib to stabilize said load with respect to said user.

2. The load bearing apparatus of claim 1, further comprising an opposing arm coupled to said supporting rib.

10

3. The load bearing apparatus of claim 1, wherein said central rib is substantially rigid.

4. The load bearing apparatus of claim 2, wherein said opposing arm substantially counterbalances said stabilizing arm such that said weight corresponding to said load is substantially evenly distributed over said central rib.

15

5. The load bearing apparatus of claim 2, wherein said stabilizing arm is coupled to one end of said central rib, and wherein said opposing arm is coupled to an opposite end of said central rib.

20

6. The load bearing apparatus of claim 2, wherein said stabilizing arm and said opposing arm are substantially rigid.

7. The load bearing apparatus of claim 2, further comprising at least one cushioning support coupled to an underside surface of said stabilizing arm and said opposing arm.

5

8. The load bearing apparatus of claim 7, wherein said at least one cushioning support is further coupled to an underside surface of said central rib.

9. The load bearing apparatus of claim 1, wherein said stabilizing arm is adjustably coupled to said central rib.

10

10. The load bearing apparatus of claim 2, wherein said at least one opposing arm is adjustably coupled to said central rib.

15

11. The load bearing apparatus of claim 2, further comprising attachment means coupled to at least one of said central rib, said stabilizing arm and said opposing arm to facilitate attaching said load to said load bearing apparatus.

12. The attachment means of claim 11, wherein said attachment means is configured to receive a support strap assembly, wherein said support strap assembly may be disposed between each of said load bearing apparatus and said load.

20

13. The attachment means of claim 12, wherein said support strap assembly comprises at least one dorsal strap attached to said central rib and at least one anterior strap attached to at least one of said stabilizing arm and said opposing arm.

5

14. The load bearing apparatus of claim 13, wherein said at least one anterior strap is attached to said opposing arm and wherein said opposing arm has a length longer than a length corresponding to said stabilizing arm, such that said load may be distributed substantially diagonally over a surface area of said user.

10

15. The load bearing apparatus of claim 1, wherein said load bearing apparatus comprises a unitary assembly.

16. The load bearing apparatus of claim 2, wherein said stabilizing arm and opposing arm are adjustably coupled to said central rib.

15

17. The load bearing apparatus of claim 1, wherein said central rib comprises a substantially planar surface that substantially conforms to an upper surface of said user's back.

20

18. The load bearing apparatus of claim 2, wherein said stabilizing arm and said opposing arm comprise a substantially planar surface that substantially conforms to at least one of said user's shoulders.

19. A system for distributing a load over a back of a user to facilitate manual transport of said load, said system comprising:

a load capable of being supported by said user; and

a unitary shoulder frame assembly coupled to said load, said shoulder frame assembly comprising:

a central rib for distributing a weight of said load over said user;

a stabilizing arm extending from said central rib to stabilize said load with respect to said user; and

an opposing arm extending from said central rib.

20. The system of claim 19, wherein said opposing arm substantially counterbalances said stabilizing arm such that said weight corresponding to said load is substantially evenly distributed over said central rib.

21. The system of claim 19, wherein said unitary shoulder frame assembly is substantially rigid.

22. The system of claim 19, wherein said load comprises a golf bag.

23. The system of claim 19, wherein said load comprises a backpack.

24. The system of claim 19, wherein said load comprises camping equipment.

25. The system of claim 19, wherein said load comprises luggage.

26. The system of claim 19, said shoulder frame assembly further comprising a
5 substantially planar surface substantially conforming to said user's shoulders and
back.

27. The system of claim 19, said shoulder frame assembly further comprising at least
one cushioning support coupled to an underside surface thereof.
10

28. The system of claim 19, said shoulder frame assembly further comprising
attachment means coupled to at least one of said central rib, said stabilizing arm
and said opposing arm to facilitate attaching said load to said shoulder frame
assembly.

15
29. The shoulder frame assembly of claim 28, wherein said attachment means
comprise a support strap assembly.

30. The shoulder frame assembly of claim 29, wherein said support strap assembly
20 comprises at least one dorsal strap attached to said central rib and at least one
anterior strap attached to at least one of said stabilizing arm and said opposing
arm.

31. The shoulder frame assembly of claim 30, wherein said at least one anterior strap is attached to said opposing arm and wherein said opposing arm has a length longer than a length corresponding to said stabilizing arm, such that said load may be distributed substantially diagonally over a surface area of said user.

32. A method for distributing a weight of a load over a user to facilitate manual transport of said load, said method comprising:

providing a substantially rigid shoulder frame assembly to substantially conform to said user's shoulders and back;

5 attaching said substantially rigid shoulder frame assembly to said load;

positioning said substantially rigid shoulder frame assembly over said shoulders and said back of said user such that said weight of said load is substantially evenly distributed over said user.

10 33. The method of claim 32, wherein said attaching said substantially rigid shoulder frame assembly to said load further comprises coupling a support strap assembly to each of said substantially rigid shoulder frame assembly and said load.

15 34. The method of claim 33, wherein said positioning said substantially rigid shoulder frame over said shoulders and said back of said user further comprises selectively adjusting said support strap assembly to customize a relationship between said substantially rigid shoulder frame assembly and said load according to said user's body type and individual preferences.